

October, 2009

Dear Colleague,

I hope this letter finds you and your family having a productive and enjoyable year. Our annual meeting this past June in Keystone, Colorado was a major success, and I would like to thank Ken Freedland for organizing and hosting this terrific event. In addition, thanks go out to Ken and Andrew Steptoe for their hard work on the ABMR Handbook of Behavioral Medicine, which is on target to be published by Springer, Inc. next year.

I am pleased to announce that the **2010 ABMR Annual Meeting will be held June 9-13 at the Bodega Bay Lodge and Spa in Bodega Bay, California.** The Lodge (bodegabaylodge.com) is a rather small, quaint venue located on the spectacular Sonoma Coast of California. It has sweeping views of the Pacific Ocean and the Bodega Bay, and it is only 20-30 minutes from Point Reyes National Seashore, Tomales Bay, Sonoma Coast State Park, and the Russian River Wine Country of Sonoma County. Bodega Bay is approximately 75-90 minutes northwest of the San Francisco International Airport, but since there is no direct shuttle service to this area, it is recommended that you rent a car or make plans to carpool with other participants. Having a car will also make it easier to visit the nearby attractions. By the way, in case you are not familiar with Bodega Bay, it is where Alfred Hitchcock filmed his classic movie "The Birds".



The general theme of the meeting will be "Biobehavioral and Psychosocial Mechanisms in Health and Disease." This is a topic that is near and dear to my heart, and it will continue to be a critical area of behavioral medicine research in the coming years. The program is in the preliminary planning stage, and will be of interest to specialists in behavioral medicine, as well as other researchers, clinicians and policymakers. Areas that will be covered include: Cancer, Cardiovascular Disease, Neurobiology of Emotional Behavior, Translational Approaches in Obesity Research, Mechanisms of Inflammation, Neuropeptides in Health and Disease,

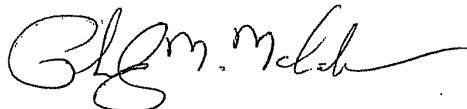
Psychoneuroimmunology, Issues in Anger Measurement, Statistical Issues in Behavioral Medicine Research, Minority Health Issues, Women's Health Issues, The Role of Sleep in Health and Disease, Social Support, and Issues in Intervention Studies.

The sessions will take place each morning, late afternoon and evening, with a large block of time set aside each afternoon to allow for exploration of the local attractions. The ABMR Mentorship Program, which was a big success at the Keystone meeting, will take place on Wednesday, June 9. The ABMR Executive Committee meeting and the Opening Reception and Dinner will follow later that afternoon and evening. I am particularly excited about the return of the "Hospitality Suite", which historically has been an informal venue for participants to gather at the end of each day's formal program. As always, the annual meeting will provide an opportunity for us to hear from the winner of the Neal Miller Young Investigator Award for 2010, which will be particularly meaningful since this is the centennial anniversary of Neal Miller, the founding father of ABMR.

Your participation in our annual meeting is essential for the success and vitality of ABMR. **Please register for the conference and reserve your accommodations as soon as possible.** We need to fill our room block by March 1, so please don't delay. The Bodega Bay Lodge and Spa has a limited number of rooms at the lowest two rates, so reserving a room early will guarantee that you get the type of room and rate that you desire. The Harbor/Pacific Coast Lower rooms are the least expensive, and these first floor rooms have partially obstructed views of the ocean/bay. The Pacific Coast Uppers are located on the second floor and have unobstructed views of the water, but cost a bit more. The best views and most spacious rooms are the Bodega Bay Uppers/Lowers and the Ocean Club Suites, but of course, these are more expensive. **The hotel reservation form is attached.**

I look forward to seeing you in Bodega Bay.

Best regards,

A handwritten signature in black ink, appearing to read "Phil McCabe". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Phil McCabe, Ph.D., FABMR
President